

**Full Report (All Nutrients) 14090, Beverages, Coconut water, ready-to-drink, unsweetened**

Report Date: December 09, 2015 18:48 EST

Nutrient values and weights are for edible portion.

**Food Group : Beverages**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
<b>Proximates</b>					
Water <sup>1</sup>	g	95.03	11	0.285	232.82
Energy	kcal	18	--	--	44
Energy	kJ	75	--	--	184
Protein <sup>1</sup>	g	0.22	11	0.017	0.54
Total lipid (fat) <sup>1</sup>	g	0.00	11	0.000	0.00
Ash <sup>1</sup>	g	0.52	11	0.015	1.27
Carbohydrate, by difference	g	4.24	--	--	10.39
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total <sup>1</sup>	g	3.92	5	0.549	9.60
Sucrose <sup>1</sup>	g	0.96	5	0.248	2.35
Glucose (dextrose) <sup>1</sup>	g	0.82	5	0.215	2.01
Fructose <sup>1</sup>	g	2.14	5	0.840	5.24
Lactose <sup>1</sup>	g	0.00	5	0.000	0.00
Maltose <sup>1</sup>	g	0.00	5	0.000	0.00
Galactose <sup>1</sup>	g	0.00	5	0.000	0.00
<b>Minerals</b>					
Calcium, Ca <sup>1</sup>	mg	7	9	1.393	17
Iron, Fe <sup>1</sup>	mg	0.03	9	0.003	0.07
Magnesium, Mg <sup>1</sup>	mg	6	9	0.949	15
Phosphorus, P <sup>1</sup>	mg	5	9	0.957	12
Potassium, K <sup>1</sup>	mg	165	9	9.667	404
Sodium, Na <sup>1</sup>	mg	26	9	5.419	64
Zinc, Zn <sup>1</sup>	mg	0.02	9	0.005	0.05

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Copper, Cu <a href="#">1</a>	mg	0.008	9	0.001	0.020
Manganese, Mn <a href="#">1</a>	mg	0.221	9	0.048	0.541
Selenium, Se	µg	0.0	--	--	0.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	9.9	5	4.035	24.3
Thiamin <a href="#">1</a>	mg	0.030	1	--	0.074
Riboflavin <a href="#">1</a>	mg	0.000	1	--	0.000
Niacin <a href="#">1</a>	mg	0.000	1	--	0.000
Vitamin B-6 <a href="#">1</a>	mg	0.000	1	--	0.000
Folate, total <a href="#">1</a>	µg	0	1	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	1	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta <a href="#">1</a>	µg	0	1	--	0
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene <a href="#">1</a>	µg	0	1	--	0
Lutein + zeaxanthin <a href="#">1</a>	µg	0	1	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD